30-Day Fruit and Veggie Challenge

- Instructions
  - To begin the challenge:
    - Visit the links on the Activity Card to get recipes, snack ideas, and find out how many daily servings are recommended for you
    - Learn about all the different types of fruits and vegetables available to you in fresh, frozen, dried, juice or canned forms and what the serving size is for each form
    - Each activity block offers something to do related to fruits and vegetables. You do not have to complete each weekly block in a particular order. Just be sure that each day you choose one of the activities of the week and check it off the day you do it
    - If your command is using this event as a month-long challenge, be sure to turn in your completed card to the designated individual at the end of the month. Even if you missed a few days, you are a winner because you

30-Day Fruit and Veggie Challenge Activity Card

Name: _____

Week 1	**Goal of the Week:** Eat at least one fruit and one vegetable serving for 6 days	Follow this link to see what is in season and choose at least 6 fruits and 6 vegetables you will eat or try this month.*	Shop and eat with fruits and vegetables in mind. Eat at least one vegetable and one fruit today.	Today use the MyPlate SuperTracker to track fruit and vegetable intake and plan ahead	Try at least one new fruit this week.	Remember you can have vegetables in sauce, soup, a vegetable drink or whole. Choose one today.	Try fruit or 100% juice today at breakfast.
Week 2	**Goal of the Week:** Eat at least one fruit and two vegetable servings for 6 days	Snack on fruits or vegetables and skip the fries or vending machine today	Shop with fruits and vegetables in mind. Plan to have fruit with breakfast every day this week & a vegetable with dinner	Have a different colored vegetable with two meals. Perhaps carrots at lunch and a green one at dinner	Have you tried your six different vegetables over the last two weeks? If not, choose something different today	Try a fruit smoothie today.	Have a bowl of soup, salsa, or salad today. If you do, you have had a vegetable serving!
Week 3	**Goal of the Week:** Eat at least two fruit and two vegetable servings for 6 days	Think of a fruity dessert. Apple crisp, fruit salad, banana custard, berries w/frozen yogurt. Try it one day this week.	Try a veggie smoothie today.	Make your side dish or snack a vegetable today. Try carrots, cucumber, or chopped sweet peppers.	Try two vegetables at dinner. Skip the fries, chips, or buttered bread today.	Load your sandwich, taco, or meal with vegetables.	Try two different fruits or vegetables from your list today.
Week 4	**Goal of the Week:** Eat at least two fruit and three vegetable servings for 6 days	Stay away from the vending machine today and snack on fruits and vegetables.	Use the snack list here to help you plan to eat fruits and vegetables that are portable.	Did you have a smoothie this week? Today is the day.	Look at your list of six fruits and vegetables. Have you tried them all? If not, this is the day to try something new.	Find a prepared food that is mainly a fruit or vegetable – soup, salad, etc. Use it as an alternative when in a hurry.	Think of a fruity dessert. Apple crisp, fruit salad, banana custard, berries w/frozen yogurt. Have it one day this week.
Week 5	**Goal:** Finish strong with your favorite two fruits and three vegetables today.	Congratulations! You're now a regular fruit & vegetable eater. Your body & mind thank you. Celebrate & k**eep it up!**					

*List the six fruits and vegetables you chose to try this month:

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